

Tuesday 16th April 2024

STARTER

Soup of the Day

Beetroot garden salad with toasted pumpkin seeds

MAIN

Grilled marinated pork tenderloin medallions or Grilled hake with parsley sauce

Served with;

Herby cauliflower and potato mash Roast Mediterranean vegetables with basil and garlic

DESSERT

Bread and butter pudding

Fruit salad with vanilla creme fraiche



Tuesday 23rd April 2024

STARTER

Soup of the Day

Tomato and red onion salad with balsamic and rocket

MAIN

Roast beef in black bean sauce or Herb baked mackerel fillets

Served with;

Steamed basmati rice with spinach and cashews Peas and Sweetcorn

DESSERT

Sticky chocolate pudding

Fruit salad with ginger Chantilly



Tuesday 30th April 2024

STARTER

Soup of the Day

Mixed salad with Tuna

MAIN

Pork with apple and cider sauce or Grilled halloumi with honey

Served with;

Crushed potatoes with spring onion and chives Steamed leeks with kale and pine nuts

DESSERT

Pear and Bakewell sponge

Fruit salad with cinnamon yoghurt



Tuesday 7th May 2024

STARTER

Soup of the Day

Pasta salad with mushrooms, basil and parmesan

MAIN

Chargrilled cuttlefish with chilli and garlic or Roast chicken thighs with smoked paprika

Served with;

Roast courgette with red onion and tomato Saffron rice with peas

DESSERT

Sticky toffee puddingwith ginger custard

Fruit salad



Tuesday 14th May 2024

STARTER

Soup of the Day

Carrot and courgette salad

MAIN

Grilled lamb steaks with feta and olives or Olive oil baked salmon

Served with;

Tabouleh cous cous Baked peppers with tomato and anchovy

DESSERT

Coffee and walnut sponge

Fruit salad with tonka bean ice cream



Tuesday 21st May 2024

STARTER

Soup of the Day

Garden salad with croutons and parmesan

MAIN

Grilled pepper steaks or Fish pie

Served with;

Lyonnaise potatoes with onions and thyme Broccoli, kale and savoy cabbage panache

DESSERT

Pavlova with mixed berries

Fruit salad with whipped vanilla yoghurt



Tuesday 4th June 2024

STARTER

Soup of the Day

Nicoise salad with soft boiled egg

MAIN

Seared tuna steak with cajun spice or Chicken in mushroom and tarragon sauce

Served with;

Baked sweet potato Steamed vegetable panache

DESSERT

Baked bananas with rum and raisons

Fruit salad with vanilla ice cream



Tuesday 11th June 2024

STARTER

Soup of the Day

Panzanella salad

MAIN

Stuffed chicken breast with brie and red onion or Roast herb crusted hake

Served with;

Celeriac and potato mash with parmesan Wok fried bok choi with sesame and cashew

DESSERT

Baked apple rice pudding

Fruit salad with honey yoghurt



Tuesday 18th June 2024

STARTER

Soup of the Day

Spiral salad with crispy chilli

MAIN

Stirfry prawns with sweet chilli sauce or Grilled pork cutlets with almonds and parsley

Served with;

Penne pasta with olives and spinach Tossed salad

DESSERT

Chilli roast pineapple

Fruit salad with pistachio creme fraiche

OUR FABULOUS SUPPLIERS



exeter college,

01392 400 334 thirty-four@exe-coll.ac.uk Follow link in our Instagram Bio